

## Exercise Apparatus

What is claimed is:

1. An exercise apparatus that exercises at least the abdominal muscles, the serratus muscles, the intercostals muscle, and the back and leg muscles comprising:

a first frame having two members parallel to each other, said first frame connected on one end of said two members by a connecting member, said two members having handles fitted thereon on the other end, said first frame resting on a hard surface;

a second frame having two members parallel to each other, said second frame being rotatively attached on one end to said second frame by a hinge pin, said second frame being connected on one end by a connecting member, said second frame sitting on a hard surface;

link members linking said first frame members to said second frame members, said link members locking in a straight position, said link members unlocking and folding in a closed position;

a seat, having a top and a bottom, said seat being made from a hard material, said seat hard material being covered on said top with a soft material, said soft material being covered with a waterproof material;

a cradle member, said cradle member having two cradle arms, said cradle arms having a lower end and an upper end, said upper end being rotatively attached to an extension of said hinge pins, said lower end being attached to cradle cross member, said cradle cross member being further attached to said bottom of said seat;

a center bar, having an upper end and a lower end, said center bar upper bar being fastened to said bottom of said seat, said center bar lower portion resting on a hard surface;

two foot rests attached to said lower end of said center bar, said lower end of said center bar having a back side and a front side.

2. An exercise apparatus as described in Claim 1 wherein said one footrest of said two footrests attached to said lower end of said center bar is further attached in the center of said footrest on said back side of said center bar.
3. An exercise apparatus as described in Claim 1 wherein one footrest of said two footrests is attached by a footrest extension member to said front side of said center bar, said footrest being attached in the center.
4. An exercise apparatus as described in Claim 1 having a flexible strap having two ends, one end of said strap being connected to said center member connecting said second frame, the other end of said strap being connected to said lower end of said center bar.
5. An exercise apparatus as described in Claim 1 wherein an exerciser sitting on said seat, placing the feet on said two footrests, placing the hands on said handles, leaning back which will allow said exercise apparatus to rotate upward until said exercise apparatus is restrained by said flexible straps.
6. An exercise apparatus as described in Claim 5 where an exerciser by bending forward will allow said exercise apparatus to rotate downward until said exercise apparatus is restrained by said hard surface, such action will exercise the abdominal muscles, the serratus muscles, the intercostals muscle and the back and leg muscles.